

## ABSTRACT OF THE DISCLOSURE

The present invention provides a massage machine comprising a living body information sensor 5 for detecting the living body information of the autonomic nervous system of the person to be massaged, and a control circuit 6 for controlling massage based on the living body information detected by the sensor 5. The control circuit 6 estimates the psychological state of the person based on variations in the living body information detected by the sensor 5, and  
10 adjusts massage movement in accordance with the estimated psychological state. In adjusting the massage movement, one of a relaxation mode and a refreshment mode can be selected, and the massage movement is so adjusted as to lower the activity of the autonomic nervous system in the relaxation  
15 mode, or is so adjusted as to increase the activity of the autonomic nervous system in the refreshment mode.